

Vegetable Lasagna

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-50

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		4 gal 2 qt		9 gal	1. Add salt to boiling water.
Salt		3 Tbsp		1/4 cup 2 Tbsp	
Whole grain-rich lasagna noodles, 2 lb 12 oz uncooked (at least 0.78 oz each)		56 each	5 lb 8 oz	112 each	2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes, until tender. Drain.
Vegetable oil		1/4 cup		1/2 cup	3. In a pan , heat vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced	1 lb	1 qt	2 lb	2 qt	
*Fresh mushrooms, sliced	12 oz	1 qt 1 cup	1 lb 8 oz	2 qt 1 3/4 cups	
OR	OR	OR	OR	OR	
Canned sliced mushrooms, drained	15 oz	3 8-oz cans	1 lb 14 oz	6 8-oz cans	
*Fresh onions, chopped	9 oz	1 1/2 cups	1 lb 2 oz	3 cups	

Dehydrated onions	1 3/4 oz	1/2 cup	3 oz	1 cup	
Whole wheat/enriched blend flour	2 oz	1/2 cup	4 oz	1 cup	
Frozen chopped broccoli	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt	4. Place broccoli in steamtable pan (12" x 20" x 2 1/2"). Steam for 6 minutes, or until tender. Drain well and set aside.
Canned low-sodium tomato sauce	8 lb 4 oz	1 gal (1 1/4 No. 10 cans)	16 lb 8 oz	2 gal (2 1/2 No. 10 cans)	5. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and granulated garlic. Simmer, uncovered, for 30 minutes.
Canned low-sodium tomato paste	1 lb 9 oz	2 3/4 cups	3 lb 2 oz	1 qt 1 1/2 cups	
Dried oregano		1/4 cup 2 Tbsp		3/4 cup	
Granulated garlic		1 3/4 tsp		1 Tbsp 1/2 tsp	6. Add sautéed vegetables and steamed broccoli to tomato sauce. Stir to combine. Simmer for 10 minutes.
Reduced fat cottage cheese, drained	8 lb	1 gal	16 lb	2 gal	7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well.
Dried parsley		1/4 cup		1/2 cup	

Whole grain-rich dry bread crumbs	8 oz	2 cups 2 Tbsp	1 lb	1 qt 1/4 cup	
Grated parmesan cheese	2 oz	3/4 cup	4 oz	1 1/2 cups	8. Combine Parmesan cheese and mozzarella cheese.
Lite mozzarella cheese, shredded	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups	
					9. Spread 1 cup of vegetable sauce on the bottom of each steamtable pan (12" x 20" x 2 1/2") to prevent sticking. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Grated parmesan cheese	4 oz	1 1/2 cups	8 oz	3 cups	
					10. Sprinkle 2 oz of Parmesan cheese over each pan of lasagna. Cover with foil. Bake: Conventional oven: 375° F for 50 minutes Convection oven: 350° F for 40 minutes
					11. Remove from oven and allow to set for 15 minutes before serving.

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Zucchini	1 lb 1 oz	2 lb 2 oz
Mushrooms	13 oz	1 lb 10 oz
Mature onions	11 oz	1 lb 6 oz

Serving	Yield	Volume
1 piece provides 2 oz equivalent meat alternate, 1/2 cup red/orange vegetable, 1/4 cup other vegetable, and 1 oz equivalent grains.	50 Servings: about 25 lb 12 oz 100 Servings: about 51 lb 8 oz	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans